THE MEDICAL FORTNIGHTLY

Vol. XXXIV ST. LOUIS, OCTOBER 10, 1908. No. 7

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LEADING ARTICLES

THE METHOD OF SYDENHAM GREATER THAN THE METHOD OF THE LABORATORY.

BAYARD HOLMES, M. D.

CHICAGO.

NEARLY twenty years ago it was given me to introduce for the first time in America a complete and systematic course of laboratory instruction in a medical school. That system was copied and imitiated by a number of other colleges and remains almost unchanged in the school in which it was instituted. (Compare first decennial catalogue of College of Physicians and Surgeons, Chicago, with current issue.) So much to vouch for my own loyalty to the laboratory method and familiarity with its possibilties.

It was my intention to develop the clinical and literary sides of the curriculum correspondingly. The opportunity, however, was never realized. My efforts to teach the use of the experience of physicians by literary research affected only a small number of students Cannon, in Boston, failed equally to popularize his literary-clinical method. With the smaller and more cultivated classes at Johns Hopkins, the influence of that exceptional faculty has produced some overbalanced education. The personal equation has been strong enough to overcome the spirit of materialism which elsewhere has given the laboratory precedence.

The laboratory method is simple, mechanical and positive. The specific gravity of the urine, the temperature of the patient, the number of corpuscles in a cubic millimeter of his blood, the rapidity of his respirations and heart beats are quantitive acts of indubitable verity, but the indescribable odor of a patient with smallpox, the feces of a typhoid, or pneumonia patient, the attitude of a sufferer from posterior urethritis are quite as safe data for diagnosis, though they do not submit to instrumentation. It is not necessary for the experienced engineer to go over every bolt and joint of his relatively simple engine to find out where and what the trouble is. He catches the sound and sees the symptom while the novice would be hopelessly hunting, or ignorantly unsuspicious of danger. The patient is much more complicated in structure function and manifestations than the engine—than the human body itself even. The living human being, the sick one especially, does not submit readily to the laboratory method. It is like living things to be shy and coquettish of instrumentation. No two human beings are alike even in health. They grow differently. The variation in health makes mensuration almost useless. There are certain syndromes which we look upon as diagnostic of disease which the variant individual presents and yet is conceded to be within the bounds of health. The laboratory enthusiast if he tries to practice medicine is apt to think it his duty to study and recognize the disease and make a confirming autopsy. The doctor is called to cure or comfort the patient. The former sees nothing but the disease; the later takes cognizance of the live human being. If the laboratory man remains a laboratory man he is hopeless as a doctor. The clinical method uses the exact methods of the laboratory as far as they go, and the methods of induction and deduction elsewhere.

Granting as I do, the value of laboratory methods in investigating health and disease in man, my contention is still that it must with the "good doctor" always be a minor, modest, and subservient method. Let us look back upon its contributions to knowledge. What has it done for gout? Did we not know typhoid before the bacillus was grown in a test tube? Has it added to our means of recognizing or curing pneumonia? For diphtheria it has done itself proud, but we

knew diphtheria clinically long ago. Yellow fever was an entity and its host suspected, long before the succession of hosts was tragically demonstrated by the laboratory martyrdom.

The laboratory method is a camp-follower and rarely comes into the firing line, much less among the scouts. The great inductions of pathology have been inspirations at the bedside. Only in the immediate need of a suffering fellow-man is a sufficient motive presented to arouse the inspiration of rational induction.

The simplest things are ever the most elusive. The toxic excretions from the roots of plants were suspected and in a way demonstrated by De Candolle more than half a century ago. But the public scientific mind was then absorbed in the chemical constituents of plants and soil, and De Condolle's theory of root excretion failed to get a hearing in court. Corp rotation is an empirical demonstrated necessity to fruitfulness and fertility. To explain this phenomenon some other theory was therefore essential, and von Liebig's theory of the mineral requirements of plants made all things plausible until the present effervescence of the scientific method in farming took the field. Now by experiments which are so like the clinical method of Sydenham that they appear familiar, the exhausted soil is proven to be toxic soil and the depletion of soil a misnomer for intoxicated or poisoned soil.*

The great deductions of medicine which have helped humanity and relieved distress have come not through the laboratory, but through the clinical method; and in the future the great progress which will bring medicine up to a higher plateau of usefulness will, I trow, come through some good doctor's broad deduction from foundation of detail well learned in the laboratory and a horizon of experience taken from the world's treasure house of medical knowledge, the medical library, aroused to action by the need of suffering patient or community. The field for such service is constantly ripening. We seem even about to realize, but our progress is marvelously slow. The whole body of our profession must be made ready, false ideas driven out and the need strongly felt before a great deductive case be received and utilized.

104 E. Fortieth.

TRANSVERSE scalp wonnds require comparatively many sutures, longitudinal wounds but few.—Amer. Jour. of Surg.

*Reed, Howard S., Modern and early work upon the question of root excretions. Popular Science Monthly, September, 1908.

TOURING THE LANDS WHERE MEDICAL SCIENCE EVOLVED.

ROBERT G. ECCLES, M. D.

BROOKLYN, N. Y.

[FOR THE MEDICAL FORTNIGHTLY.]

GRECIAN.

WE began our first letter to the MEDICAL FORTNIGHTLY in Turkey and ended our last one in Yokohama. The trip across the Pacific Ocean and through the United States, being of little interest to readers, is purposely excluded, Our tour, of course, began at Brooklyn and ended at the same place, but the voyage across the Atlantic, interesting as it could be made, must be excised from our story for the purpose of making room for still more interesting matter. Our ship to Europe was called the "Barbarossa," and this name gave me the cue to considerable information that directed our course, and it has likewise led to the writing of this and the two succeeding supplementary letters.

The chronological necessities of following the evolution of medicine make it necessary for our present description to begin in far off Catania. This city will be found at the foot of Mount Etna, in Sicily. An Italian ship on which we were sailing had to put in here for three days to escape the "Eurokylon" of the Acts of the Apostles. The English, at Malta, call it a "gregale." St. Paul was wrecked by this form of tempest. Ulysses, from whom Grant was named, met a like fate here. The day before the tempest began our ship, the Bormidia, had steered past the fabled Scylla and Charybides taken us on board within sight of these danger points, at Messina, and was on its way to Athen. We had just reached Messina from Syracuse and had wandered through the street in which Archimedes ran while crying out "Eureka," and where the sterling honor and true friendship of Damon and Pythias had been tested by Dionysius. We had seen, heard, and verified the power of that wonderful echoing grotto'—the Ear of Dionysius—that Archimides is credited with having constructed, while speculating upon how to move the world with lever and fulcrum of sufficient size. There is probably no where else on earth an echo-chamber capable of so perfectly reproducing whispers as audible sounds. To the medical man, as such, the tyrant Dionysius is the central figure of the place in that he was among the first to desecrate the sacred grove of Esculapius. Not daring to allow his impiety to carry him to the extent of removing the entire gold and ivory

image of the god from Epidaurus to Syracuse he instructed his soldiers to cut off the beard of precious metal and take that. He justified this act by saying that as Apollo, the father of Esculapius, had no beard it was unbecoming in the son to wear such an appendage. Being on our way to Epidaurus we have begun this recital at Catania, that was then within the dominion of Syracuse, and that the tempest had forced us to visit a third time. We had been there twice before. Our first stopping place, after leaving Sicily, was Candia or Crete. We spent half a day in the city of Caneé studying the motley crowds of Turks, Greeks, Latins, Arabs and Africans. The island is almost exactly midway between Europe, Asia and Africa and was one of the earliest nuclei from which civilization radiated. Long before the time of Greek medicine Crete had absorbed that of Phrygia, Egypt, and Phoenecia and sent it to Greece. Those who play the game of checkers may be interested in learning that the oldest checkerboard found in the world was dug up from Cretan ruins. Egyptian objects bearing dates of 1500 B. C., have been unearthed at Crete. The earliest evidence of the use of carefully squared stones in building, of colored frescoes and plastic decorations on walls, of sculptured marble, and of brightly decorated pottery comes from Crete. It took our steamship about eighteen hours to take us from Canee to the Pyreus, the latter being the port of Athens.

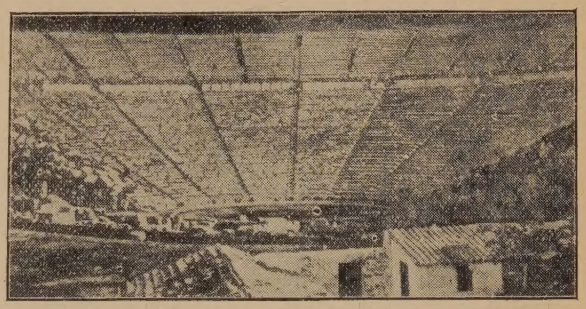
We reached Athens at about 1 p. m. and scarcely had we found a room in the Hotel d'Angleterre than we secured a guide and sallied forth to stand on Mars' Hill and the site of the Acropolis. The dream of a life-time was about to be realized in fact. For nearly half a cenutry had we longed to stand there, but this was the first time we had been able to go and enjoy it. Lord Byron echoes our feelings when he says:

> "Where'er we tread 'tis haunted holy ground;
> No earth of thine is lost in vulgar mould,
> But one vast realm of wonder spreads around
> And all the muses tales seem truly told,
> Till the sense aches with gazing to behold
> The scenes our earliest dreams have dwelt upon."

It would be impossible to put into words the feelings and thoughts that welled into consciousness as we stood where Paul, where Alexander, where Socrates, where Plato, where Aristotle, and where multitudes of others of the world's greatest intellects of antiquity had stood and addressed the multitude. As we gazed on the ruins we impulsively repeated:

> "Look at this spot, a nation's sepulchre!
> Abode of gods whose shrines no longer burn."

Facing us, on the hill beyond, and facing Paul as he cried out, "Ye men of Athens," is the dismal cave-cell where Socrates drank the hemlock in obedience to the decree of his judges, 399 years before the birth of Christ. He had been found guilty of impiety and of blaspheming these gods "whose shrines no longer burn." He had to die as a penalty because he dared to see truths the multitude failed to see. One of these truths was, "The proper study of mankind is man." Thus stated it put a new shade of meaning on what might be called a statement of their scriptures. After taking the poison his last words were: "Crito, I owe a cock to Esculapius; will you remember to pay the debt?" Crito replied: "The debt shall be paid." His dying thought was the debt he owed for medical services. How many of our patients, in these Christian days, would be as thoughtful of their doctor's bills when facing dissolution? His ethical system, which he daily tried to inculcate into the Athenian mind,



Theatre of Esculapius at Epidaurus.

was condensed into the two aphorisms, that "Vice is ignorance," and that "Virtue is knowledge." He held that if one fully knew the consequences to themselves and to others of the acts they do evil would be at an end. The great Plato, his friend and student, continued to teach the same principles for years after, but while Socrates was sacrificed to the bigotry of religion Plato was permitted to live to a ripe old age. During the many years of his life he was a diligent student and a voluminous writer. His works on philosophy, medicine, and physiology have profoundly affected the science of our day. As a philosopher he paved the way for Berkeley and the idealists. As a physician he caused Aristotle, his pupil, to become a pioneer thinker and so to clear away the rubbish that time always heaps up. In opening up the new field Aristotle, necessarily, had to break away from the intuition doctrine of his master. He discovered that solid knowledge results from investigation and experiment. He gave us our first comparative anatomy and physiology, through dissecting of animals. His pupil, Alexander the Great,

at a later date gave us Alexandria with its medical college and great library, much of which was medical. The intellectual progeny of Socrates thus brought so much of good to the world that, with Charles Mackay, we can say:

"Pace in thy cell old Socrates, merrily to and fro,
Trust to the impulse of thy soul and let the poison flow.
But yet the world goes round and round, and the genial seasons run
And ever the wrong is proved to be wrong, and ever is justice done."

Our stay in Athens was one round of delightful sight-seeing both among the ruins and in the new city. But to see Athens is not to see Greece, so after proper arrangments with our hotel courier we were again quickly on the wing. From the Pyreus we took ship for Itea and were soon sailing in the very waters where the fleet of Xerxes was put to rout, the Persian princes destroyed, and European civilization saved in its budding infancy from being swamped by the barbarous hordes of Asia. Here is Salamis and yonder Mount Aegalis, where Xerxes sat on his silver footed throne and helplessly watched his armada of 1000 ships compelled to flee before 400 of those of Greece. With nearly one million soldiers around him he was tied to the shore in helpless despair. "All is at stake" was the watchword of the Greeks, but even they did not know that all of civilization was at stake and in their keeping. Aeschylus, the Persian poet, justly declared that "In Salamis the power of the Persians liés buried." After passing Salamis we were soon down deep in the gorge of the great Corinthian canal and looking high up at its banks, a small reminder of our greater work at Panama. Our steamer the Pylaroze, almost filled the channel from bank to bank, as high above our heads a railway train rolled over on the suspended bridge. As soon as we had cleared the canal we were in the Gulf of Lepanto with our bow pointed in the direction of the Bay of Salona. As we neared this the sun was setting in the golden west and soon a crimson glow covered the sky, through which appeared the pretty crescent of the new moon. Not a cloud nor semblance of a fog could be seen anywhere. Overtowering the scene to the right, and forward of the ship, was the snow-capped peak of Parnassus. Could mortal be other than enthused at such a sight. Here in majestic beauty, framed in crimson, gold, and blue, capped by a diadem of purest white, stood that home of the Muses that had for ages been extolled by authors, raved about by poets, and symbolically depicted by artists. Abridging Childe Harold we get this picture:

"Oh thou Parnassus! whom I now survey
In the wild pomp of mountain majesty!
Oft have I dreamed of thee! whose glorious name
Who knows not, knows not man's divinest lore!
When I recount thy worshippers of yore
I tremble, and can only bend the knee;
Nor raise my voice, nor vainly dare to soar,
But gaze beneath thy awful canopy
In silent joy to think—at last I look on thee!"

We landed at Itea at dusk and found a carriage in waiting to take us nearly 2000 feet up the mountain to the hotel at Delphi. As we were the guests of the Hotel d'Angleterre of Athens, during our entire tour, they telegraphed ahead of us to every point and arranged for our comfort. A climb of nearly two hours, through canyons, along chasms, and among the wildest of mountain scenery, which it was too dark for us then to see, brought us to a warm supper, comfortable bed, and charcoal braziers. There are no fires or fireplaces in Grecee. Everywhere we had to warm ourselves over a little mass of glowing charcoal in a brazier. Next morning we made an early start to visit what was once the most famed spot upon our planet, where empires had their destinies proclaimed, where kings trembled at the words of the oracles, where the stream of human progress was directed by a whim, and where went forth decrees that we, today, are still enthralled by, without being conscious of the fact. From here too the rill of early medical lore started on its course to that mighty stream which is now biological science. Making our way through the crumbling ruins of shrines and statues, priestly homes and treasuries, sculptured blocks and the earthquake rent shreds of the rocks of Parnassus, we were at last able to mount that priceless archeological treasure, the tripod stone of the Sybil. The carved marks of where the legs of the gold tripod rested are clearly discernible on its surface. Before it lies the wreckage of the mighty temple, near the centre of which is the supposed crevice, the vapors from which brought the sought for inspiration. The numerous treasuries attest the religious and political strength of the priests. In the Sermon on the Mount we are told that "Where our treasure is there will our heart be also." The gold, the precious stones, the spoils of war, the richest treasures of art were gathered here. When fragmentary Greece was a tempting prey to the barbarian hordes of Asia the Amphictyony of Delphi was their tower of strength. This federal centre, like our Congress and Senate, gradually linked the helpless little States together, impressing upon them the value of *voluntary union*. Step by step out of this grew our great modern republics. The priests of Delphi are believed to have come originally from Crete and, as already stated, the Cretans traced their inspiration to Phrygia. As every American should know the Phrygians were the world's original freemen. Our

Goddess of Liberty still wears the Phrygian cap—the cap of liberty. That old spark of freedom, from unknown depths in prehistoric time welled up again in the Delphic Amphictyony. The accumulated wealth of centuries that was gathered here and at Olympia came, in time, to be a tempting bait to cupidity and when, at about the time that Christ was born, faith in Apollo weakened, the Delphic priests lost their grip upon the masses and thus gave Sulla, Nero, and finally Constantine an opportuntiy to come and rob them. Before that even the emperors, and other rulers of Rome, were glad enough to turn the ear of faith toward the utterances of the Delphic oracle. During the great pestilence of B. C. 291 an expedition was sent from Rome to Delphi. Ovid says:

"In vain were human remedies applied.
Wearied with death they seek celestial aid,
And visit Phoebus in his Delphic shade."

By this time, however, an evolution had taken place. Apollo, the god of health, had relinquished the healing art to his son, Esculapius. The Delphic priests, having assumed the higher function of healing the ailments of States, gave up, in part, that of healing men. In ancient times the priests were the physicians, but then as now an overwhelming pressure of work compelled a division of labor. The oracle, therefore, replied to the Roman embassy:

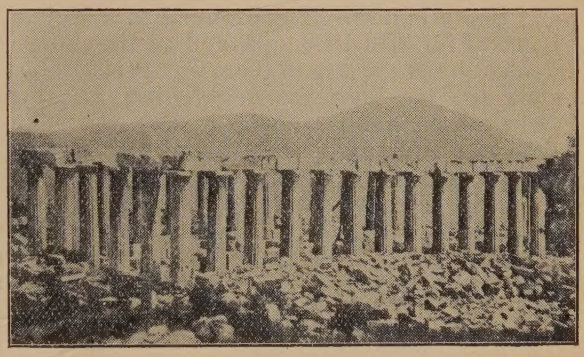
"Relief must be implored and succor won
Not from Apollo, but Apollo's son.
My son to Latium borne shall bring redress;
Go with good omens and expect success."
—Welsted's Ovid.

Some idea of the great antiquity of the Delphic oracle can be had from the fact that 900 years before the birth of Christ Iphitos of Elis and Lykourgos of Sparta consulted them regarding how best to benefit the manhood of Greece, and were told to go to the Olympian plains and start the health-bestowing games that have since ramified the whole earth. So to them, in a measure, we owe the very beginnings of hygiene and preventive medicine. In the vestibule of the temple were engraved the best mottoes of the seven sages and in conspicuous places were placed "Moderation in All Things" and "Know Thyself." Back toward the mythical period Croesus (about 600 B. C.) consulted the oracle, not too wisely, and is said to have received from Apollo the gift he most craved—the power of converting everything he touched into gold. It proved to be a fatal gift for him.

A few yards from the temple is a cleft in the mountain, from which flows the Castalean Fountain—the original holy water and baptismal font. Before entering the temple every pilgrim had to sprinkle his face and body with this water. Ovid describes this sacrament in these words:

"To the pure precinct of Apollo's portal
Come, pure in heart, and touch the lustral wave;
One drop sufficeth for the sinless mortal;
All else, e'en ocean's billows cannot lave."

In the museum we saw the original Omphalos—a stone in the shape of half of an egg, that originaly marked the centre of the temple and what was claimed to be "the navel of the earth." Boston speaks of itself as "the hub," but the ancient Delphians called theirs "the navel." Tradition says that Apollo sent forth two eagles to circle the earth. Both were started simultaneously and both reached the Omphalos at the same instant, although flying with the same speed. There is a suggestiveness of a round earth in this, and the Omphalos slightly corroborates this suggestion. The carvings on its surface are wonderfully like little globes



Temple of Health at Bassae (2300 years old).

with lines of latitude and longitude upon them. The place this stone occupied tradition likewise declares was the original spot where Apollo, when but a few days old, slew the python or dragon that was devastating that part of the world. He was thus represented as the first destroyer of the great type of human evil and danger. His son, Esculapius, had the subdued serpent as a representative of his power to conquer disease—the product of the serpent. The Old Serpent being slain the younger progeny were at his mercy in defiance of their venom. On the Halos, or thrashing floor, near the temple, a festival was held every seven years to commemorate this destruction of the serpent. Much has been said about the humbuggery practiced upon the public by the Delphic priests. It is said that they had secret emissaries in every court and agents in every place where pilgrims came from to visit the temple, and that through these they gained, in advance, the knowledge which they needed in constructing their replies. While to a superficial

thinker this would probably prove duplicity, to one who goes deeper into the subject and understands human nature well it would be evidence of sincerity. An institution of that kind could not have lasted for so many centuries and won such favor in the eyes of the world if the priests had been mere charlatans. They must have been as sincere as were the worshippers, or as are the preachers of today. Interpreting nature in a natural manner inspiration was deemed natural. They saw it as only coming after they had exhausted the powers the gods gave them to get truth. We do not think of accusing a Christian neighbor of hypocrisy, because he prays: "Give us this day our daily bread," and then proceeds to work for it. The principles are identical.

Having seen Delphi we proceeded to Patras. Nearing the latter place we were in the region of many historical crises and romances. Before us lay the islands of Ithaca and Santa Maura. The first named was the home of faithful Penelope, and on the shores washed by the waves of these waters she daily stood for ten long years watching for the return of her soldier husband, Ulysses. On the second, the Leucadian Rock faced our ship, and from its summit love-sick Sappho, the world's greatest woman poet, hurled herself into these waves, 600 years before the Christian Era. To our right, and washed by the waves of our propellor, lies Missolonglin where England's great Byron breathed his last. Of Sappho he said: "Could she not live who life eternal gave?" We can only repeat the same sentiment of him. In mockery of Penelope's faithfulness to a husband, these same waters saw the wanton, Cleopatra, take fright, order her gallies to fly and leave Marc Antony to suffer defeat. Coming still nearer our own day, and in this very sea, Don John's Holy Armada, composed of ships from every part of Europe, faced and put to flight Turkey's threatening power. What Xerxes was to Greece, at Salamis, Ali Pasha was to all Europe at Lepanto. This began the end of that power that threatened to Mohammedanize the earth and that is now only represented by the so-called "sick man" of Europe. Patras is chiefly interesting to tourists as the place where the patron saint of Scotland—St. Andrew—was crucified on an X-shaped cross. From there our route lay southward to famous Olympia. For more than 1000 years this place had been famous for its games. The Greeks reckoned time by these games, as we do by the birth of Christ. They occurred every four years, this being called an Olympiad. While the games were on no war could occur between Greek States, as then the truce of the "Ekecheiria" or "hand-staying" pledge; "The peace of God" was on the people. Only free-born Greeks of unsullied character were permitted to take part in any of the games. There was foot racing, horse racing, chariot racing, javelin throwing, quoit throwing, disc throwing, wrestling, boxing. Great orators came here to speak to the people. Kings and emperors made it their holiday rendezvous. Plato, Pythagoras, Herodotus, and many other great men, were here received with honor Victors in the games, their relatives, and families were recipients of the greatest distinction. A branch from an olive tree, said to have been planted by Hercules, was presented to each as the first token of universal favor. To be the possessor of such a branch was deemed more honorable than to be the owner of a crown. They were banqueted and feasted wherever they went, triumphal receptions followed their movements, and those receiving the highest distinction were exempted from taxtion and had their statues carved in parian marble and placed near the gods. The grounds, for miles, were covered with costly treasure houses, shrines, temples and statues. The statue of Zeus was so fine that it was counted one of the Seven Wonders of the World. Lysias called Olympia "The fairest spot of Greece." As at Delphi the accumulated treasures were so great that a kingdom could have been bought with them. The best works of art of their best artists were found here and at Delphi. What is probably the best preserved of ancient statues—the Hermes of Praxiteles—was found here buried in the mud of the overflowing river. It is now in the museum on a nearby hill. It is declared to be the most valuable of all the discoveries made at Olympia. So perfectly was it protected that the sandal thongs still show the gilding and red coloring. It has been pronounced the most perfect expression of manly beauty that has reached us from antiquity. The caduceus is grasped by the left hand. This symbol is now used by the Public Health and Marine Hospital Service of the United States. The staff means authority, the wings celerity, and the conjugating serpents wisdom, knowledge and fecundity. Hermes was the same to the Greeks and Egyptians as Mercury was to the Romans, the winged messenger of the gods. He was worshipped as the patron god of merchants, travellers, news purveyors and seamen. Praxiteles, the sculptor of the Olympian Hermes, was one of the most celebrated artists of antiquity. He placed a number of statues both at Delphi and Olympia, but chose as his model of female beauty the courtesan Phryne, he being one among her many lovers

She sat for the celebrated Cynidian Aphrodite that Pliny declared was the most beautiful statue in the world. She likewise sat for Apelles' great painting of "Aphrodite Rising From the Sea." From poverty she rose to such wealth that when Alexander the Great destroyed the walls of Thebes she agreed to rebuild them if they would let her place over one of the gates, "Destroyed by Alexander, Restored by Phryne the Courtesan." Like Socrates, she was accused of impiety and blaspheming the gods, but unlike Socrates, she won over her judges, by displaying her beauty, and escaped. Justice in ancient Greece was not much different from what it is today. After leaving Olympia we had the most fatiguing journey of our entire tour. We started at 4 a.m., for a two hours ride by train, after which we journeyed by horse till 11 p. m., over the wildest kind of mountain roads with, in places, not even a trail to be seen. The saddles were of the crudest pattern and the horses mere workers on mountain farms. Good horses and saddles had been telegraphed for and would have met us, but that a terrific thunder storm had made the fording of the rivers impossible by the usual route. Our mountain climb was made in order to get to the head waters of these swollen streams and the steeds were hired from the poverty-stricken farmers. We carried our provisions on pack animals, in regular Rocky Mountain fashion, and when we stopped to eat the natives gathered around to gaze at the extravagant living of the "lords" who could afford to eat meat, chicken, eggs, and pastry with white bread, while they could only afford rye bread, potatoes, a little salt, and a drink of water. Such, according to our guide, were the comments made. The only places where our horses could be persuaded or pounded into going faster than a walk was down a hill, and then the jolting was terrible. Behind us went the owners of the animals shouting at them, hour after hour, "Yaw! Yaw! Yawlow!" For days we could not get that cry out of our ears. When we reached Andhritsainae we put up at a private residence, the people of which had been looking for us two hours earlier. Next morning I asked my good wife what she now thought of Douglas Jerrold's statement, that the best thing for the inside of a man was the outside of a horse. Her reply was: "It may be all right for a man, but it certainly is not for a woman and, besides, medicine should never be given in such toxic doses." The trip, had it been shorter, and, so, less fatiguing, would have been a delightful one. The scenery was magnificent. We had frequent peeps off into the Gulf of Arcadia and the Ionian Sea, with their many green islands. Our path was strewn with a wonderful wealth of beautiful wild flowers. We had to push our way through numerous groves of tall arbutus and made ourselves almost sick eating the delightful berries of this Grecian shrub. On the same bush hung great masses of ripe and therefore, bright crimson ones, with equally large masses of less ripe orange ones. Mixed among these were fragrant flowers of the purest white so that with the evergreen leaves they presented to our unaccustomed eyes a most striking and most wonderful combination of pretty colors. Toward night we were beset with mosquitoes, thus reminding us of a recent claim, that the fall of Greece, to its present low state, resulted from the malaria that these mosquitoes brought to this country. Next day our trip was again on horseback, but this time we had better horses and a shorter ride.

We had come into this part of the country to see one of the best preserved, very old temples in all of Greece. It stands on the

Prison of Socrates, Athens

top of a high mountain, far away from all civilization, and has stood there for over 2300 years. There never has been anything else there but itself. Toiling thousands of Greeks carried the marble and metal from distant regions and the limestone from far down the mountain, with which to build it. It was a large and beautiful structure and its architect built the Parthenon at Athens. The fact of its being dedicated to the god of health, and that it was a thank-offering of the people of the region to that god for saving them from a plague that about 430 B. C. devastated Athens, makes it doubly interesting to the medical man. Pilgrims seeking for health had to climb into this airy, breezy region, on the top of this lonely mountain to get it. No doubt Apollo heard and favorably answered the prayers of many. After seeing this remarkable structure our next prospective point was the great temple of Esculapius at the sacred grove of Epidaurus. We were two days in getting there, a good part of the time being spent in a carriage, rolling through the far famed Arcadia. It is cer-

tainly a very pretty pastoral region, but we could see nothing more peaceful, more full of the bliss of simplicity, or in any way more attractive than in many another such spot in our own country. The strange costumes of the people appeared to be more worthy of remark than any other thing. The men looked for all the world like ballet-girls on a stage. Their short skirts, puffed out around the region immediately above the knees by a multiplicity of short petticoats, would have seemed extremely odd had women been the wearers. To be worn by men seemed the very acme of absurdity to us. To see them carrying strings of beads and telling them off with their fingers made us think they were using them for prayers. We were told that most

The Gymnasium at Delphi.

of the men of Greece use these beads merely to keep their fingers busy and to be fashionable.

Before reaching the Hieron, or sacred grove of Esculapius, we passed through Karytaena, Megalapolis, Tripolis, Boleta, the ruined city of Palantion, Argos, and Naupalia. The feudal castle of Karytaena is a wonderful sight, standing as it does, surrounded on three sides by a continuous precipice of over 1000 feet, and that is formed by the curve of the foaming waters of the Alpheois River. In plain sight, to the north, is Mount St. Elias where tradition says Rhea, the wife and sister of Chronos, gave birth to Zeus. Chronos is their god of time. Palantion is said to be the original home of Evander the first colonizer of what became our Eternal City—Rome. He left this place before the time of the Trojan war. On reaching the Hieron of Epidaurus we put up at the home of Panagiotis Vostetsanos, keeper of the museum. It faces the hill of Titthion on which the goats of Aresthanas gave milk to the new born god of medicine. To the right, on looking toward Titthion, is the best preserved ancient theatre in the world. Here multitudes were instructed in hygiene and entertained in various ways while waiting to be cured. It is a most remarkable structure to be found in such a place. No city was ever nearer it than the seaport of Epidaurus, six miles away. Where then did the people come from to make such a theatre needed, with its seating capacity of 30,000? Besides this there was a large gymnasium that would seat well nigh 1000. In the front of the temple was the altar and in the interior stood the costly statue of the god that was composed of gold and ivory. Near the temple was the Katagogion, or hospital, 480 feet on each of its four sides. Small rooms were provided for each patient along the sides. At the rear was a corridor extending along the rears of all the rooms. Within this corridor-square were four small squares of rooms centered by four courts. This economical arrangement of the space gave a capacity of over 160 patients with each room and bath to himself, and that without stair climbing or absence of air. There were other large buildings that were probably used as dormitories for the convalescing, or those with minor ailments. A building immediately adjoining the gymnasium is believed to have been the dwelling place of the priest-physicians. Bathing houses and bathing places were numerous and one large marble bath tub we saw was about the shape of our modern ones. On the temple grounds is a holy well 54 feet deep while numerous surface and subterranean water conduits direct the streams from the surrounding hills in the direction of the Hieron. There were hot baths, cold baths, Turkish baths, and friction baths. The patients had to use dumb-bells and undergo gymnastic exercises. The "incubation" cure occurred within the temple by the patient sleeping there in a condition of discomfort that led to dreaming. The dream was interpreted by the priest and was supposed to direct to the required treatment. The chief medicines administered were salts, honey, and an abundance of water from the holy well. Patients left inscribed slabs giving thanks to the god for their recovery. The Grove of Esculapius was filled with the rich votive offerings they left as recompence. At the Tholos sacrifices of animals occurred. The meat was consumed by priests and patients and the entrails burnt as a sacrifice to the god.

From the Hieron of Epidaurus we made our way back to Athens, stopping long enough, enroute, to see the wonders of Tiryns, Mycene, and Corinth. From Athens we proceeded to Smyrna, saw considerable of Turkey and returned to Smyrna again. From

there we visited a number of places that we will consider in our next letter. One of these places was Vathy on the Island of Samos. The ancient city of Samos lay just over the mountain. Here Pythagoros was born. This father of medicine, unlike the Asclepiades, or Priests of Esculapius, visited patients at their homes and taught his disciples to do the same. He studied in Egypt and India, so got his lore directly from the oldest peoples. His system of philosophy profoundly impressed the world. It was based chiefly on the properties of numbers. He represented the spirit of all being by the figure 1, matter with its attendant motion by 2. The universe (1, i.e., God) be placed before matter (2) thus gives us 12. Since 12 is 3 multiplied by 4 he had 3 worlds—upper, middle, and lower, surrounded by 4 spheres. Since 13 is 1 before 3 it introduces the evil principle into the universe, with sin, disease and crime, and is therefore unlucky. The four spheres were represented by fire, air, earth, and water. As his doctrine was one of pure abstraction he meant the fire principle which we call energy, the air principle which we designate as gas, the earth principle which we designate as substance, and the water principle which we call liquidity. He held that no one could be in health unless his temperature, his breathing, his tissues and his circulating fluids bore a definite mathematical relationship to each other. They had to be Harmonic, i.e., have a perfectly balanced rhythm with the figure 12 and not with 13. As 3 plus 4 is 7, this last number was deemed a sacred one, and so we now have as a relic of Pythagoras' teachings 7 days in the week, 7 years of plenty, 7 stars, and a host of other 7's. To him we owe the universe-standards of 12 months to the year, 12 signs to the zodiac, 12 lines to the inch, 12 inches to the foot, etc. Our year he gave us as 365 days and a quarter. Every circle he made 12 times 30 degrees thus combining decimals with duodecimals. The year is 360 plus 5.25 days. The sum of 5,2 and 5 is 12, thus again giving decimals and duodecimals. He believed sincerely in the doctrine that God geometrizes.

On our way from Samos we passed in sight of Cos, but did not stop. Here Hippocrates was born, and here he acted as a priest-physician in the temple of Esculapius. From Epidaurus a number of branch institutions were started, chief among which were Pargamos and Cos. We got a peep at Pargamos on our way from Constantinople to Smyrna. We were now getting a peep at Cos on our way to Beirut. A narrow channel had to be passed here that permits of the seeing of Cos on one side and Halicarnassus on the other. The latter was the site of one of the seven wonders of the ancient world. Hippocrates was the contemporary of Socrates. He claimed descent from Esculapius. Like Plato and Pythagoras he was a voluminous writer. What is probably one of the first medical schools in the world was started at Cos by Hippocrates. The Hippocratic oath was first given here. With Pythagoras he held that health depended upon the exact proportions and play of elements in the body. He first taught the doctrine of crises or turning periods to disease. He classified treatment and diseases as medical and surgical. He made prognosis a leading feature of his practice and followed the methods already given in describing the Hieron at Epidaurus. The people of Cos show travellers a tree that is supposed to have been planted by Hippocrates, and point out the ancient aqueducts, from the fountain of Burima, on the side of Mount Prion, as being remnants of the Esculapian waterworks for the temple.

[To be continued]

RELIEF OF RETENTION OF URINE BY SUPRAPUBIC CATHETER.*

W. T. BELFIELD, M. D.

CHICAGO.

THE physician occasionally finds a patient suffering from complete retention of urine, which cannot be relieved through the natural channel, usually because of false passages that have been made in endeavors to pass a tight stricture or hypertrophied prostate. When satisfied by a patient trial that his efforts to pass a catheter through the urethra must be futile, the physician must make an artificial exit for the urine. How shall this be done with the least detriment to the patient?

Our text-books advise (1) supra-pubic aspiration, repeated if necesasry; if the patient still fails to void urine naturally, (2) a cutting operation, perineal or suprapubic.

The objection to repeated aspirations which honeycomb the suprapubic tissue, is sufficiently obvious; and the difficulties and dangers of perineal urethrotomy without a guide, are well known to all who have performed it.

For many years I have done neither, but have employed a measure which is as little dangerous to the patient and as easy for the physician as is aspiration, and yet solves the problem completely. I have never seen this simple procedure described in our text-books; yet it is probable that others have used and

* Clinical lecture at Rush Medical College.

described a device that so easily relieves the patient from the distress and danger, and the physician from the perplexities of a serious situation.

This patient whom I now present is one of many illustrations of the value of this measure. Seven days ago he sought my aid for relief from the agonies of complete retention of urine that had existed thirty-six hours. The cause was a tight stricture of the bulbous urethra; and false passages already made defeated a patient effort to enter the bladder.

Without anesthesia a trocar and canula No. 14, French scale, was passed into the bladder in the median line about an inch above the symphysis; the trocar being withdrawn a soft catheter No. 8 French was passed through the canula far enough to carry its end to the bottom of the bladder. The canula was then withdrawn, leaving the catheter in its place. The catheter was attached to the skin by adhesive plaster; and after the urine had escaped the free end of the catheter was tied in a knot to prevent dribbling. The patient, who was allowed to be out of bed, was instructed to untie the knot every five to six hours, void urine through the catheter, and then retie the knot. Urotropin was given internally.

For five days no attempt was made to pass the stricture, although during the last two of these days some urine trickled out of the meatus when the patient urinated through the catheter. During these five days the false passages in the urethra were healing, and the edema of the bladder-neck and prostate was subsiding. Two days ago a cautious attempt to pass a Banks' bougie was successful, and the stricture was immediately dilated to 21 French. As the urethra was now open, the suprapubic catheter was withdrawn, and its track left to heal spontaneously. The patient states that since the withdrawal of the catheter no urine has escaped through the puncture, which, as you see, is scabbed over and dry. It always heals when the obstructions in the natural channel are removed.

Sometimes one fails to enter the bladder through the urethra after four or five days rest; in this case the suprapubic catheter may be left in position two or three days longer. Should the urethra still be found impassable (which in my experience has never happened), a cutting operation may then be considered, the patient being in far better condition to stand it because of the week's rest of the bladder. Should still further delay be considered best, the catheter should be removed, cleansed of the adherent urinary salts, and reinserted; the track into the bladder will remain patulous for a short time.

Should the obstruction be an enlarged prostate, and prostatectomy be considered unwise, the patient may wear the suprapubic catheter for an indefinite time, withdrawing it every day or two for cleansing. Patients easily learn to remove and reinsert the catheter through the fistula; one elderly patient of mine wore the catheter in this way for six years. Another, who had a cancer of the prostate that prevented urination, secured entire freedom from urinary troubles during the last nine months of his life through this device.

Other conditions in which the suprapubic catheter is useful are sometimes met, such as severe prostatic suppuration.

In case the physician decides to make perineal section for an impassable stricture, a small curved trocar and canula can be passed into the bladder above the symphysis, and a filiform passed through the canula into the deep urethra as a guide; indeed one is sometimes fortunate enough to pass the filiform through the stricture from behind, when it cannot be made to pass from in front.

ACUTE SUPPURATIVE PERFORATING APPENDICITIS COMPLICATING TYPHOID FEVER.

JOHN McHALE DEAN, M. D.

ST. LOUIS.

In looking over the literature of the many complications of typhoid fever no mention is made of acute suppurative perforating appendicitis. Having had recently such a case I am prompted to report same.

Mr. H., 19 years of age, I was called to see in consultation with Dr. Lotz. His previous history showed him to have been always in good health and no history of having had typhoid before. He was taken ill ten days before I visited him with an irregular fever higher in the evening than in the morning. Marked tenderness developed in the right iliac region and a swelling the size of an orange could be plainly made out. He was sent to the hospital the following day. On arrival the patient's temperature was 102 deg., pulse 110, and his blood showed a leucocytosis, 12,000. The next morning his temperature was 102.4 F., pulse 112, respiration 32. The abdomen was somewhat distended and showed the roseola spots. Bowels were loose and stool was of a yellowish green color and very offensive odor. Urine outside of an excess of indican showed nothing abnormal. Heart and lungs negative. In the right iliac region a slight rigidity of the

muscles existed but a well defined tumor the size of an orange could be plainly palpated. This swelling was very tender and the patient complained a great deal when it was palpated His facial aspect was rather typical of a typhoid and the sordes about his teeth and the appearance of his tongue added to the picture.

Widal reaction was made and a positive result was obtained by Dr. Harris. Operation was performed. The usual incision in the right iliac region was made over the tumor. The swelling was not encountered under the parietal peritoneum, but was deep seated behind the cecum. After walling off the peritoneal cavity to protect it from contamination an opening was made retrocecal, causing about one half pint of foul yellowish creamy pus to escape. On further examination a fecal concretion about the size of a pigeon egg was found free in this pus cavity. An opening in the cecum was found corresponding to the cecal appendiceal junction, but no trace of the appendix itself could be seen. The opening due to the sloughing appendix was closed and the pus cavity drained by a rubber tube.

The evening following the operation the patient's temperature rose to 104.2 deg. F. and pulse was 120, respiration 42. Next morning temperature 102 deg. F., pulse 112. The wound was draining freely, and except for restlessness he was doing fairly well. On the second day following the temperature in the evening rose to 105 deg., pulse 132, respiration 38.

For ten days following the operation the temperature ranged between 101 and 105 deg. F., with a pulse 112 to 140, respiration 30 to 40. Examination failed to show any hidden pus or complications in other organs.

A free culture of the blood was made in an effort to find streptococci with negative results, the blood showing the Widal reaction. A culture of pus in the wound, I am sorry to say, was not made. A point that might have added more interest to the given case.

On the evening of the tenth day the patient became delirious, temperature rose to 106 deg. F., pulse became imperceptible and he expired. A postmortem examination could not be obtained.

In summing up the points in the above case I may add that: The Widal reaction positive, the appearance of roseola, the characteristic stool, the temperature course, the at times slow pulse in comparison to the height of the temperature, and the facial aspect and tongue led me to conclude I had to do with acute suppurative appendicitis (perforating) as a complication of typhoid fever.

THE MEDICAL FORTNIGHTLY

Issued Tenth and Twenty-Fifth of Every Month.

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EDITORIAL

The Physician's Investments.

It seems to be no unusual thing for the medical editor to advise his readers as to their undertakings other than those which are strictly in the line of professional work. Several times we have read editorials under the above caption, and from today's paper we find text for one to be written for readers of the FORTNIGHTLY. The St. Louis papers tell us today of the inventories of the estates of two local business men recently deceased; the estate of the first included better than $22,000 worth of valueless stocks, that of the latter passed an absence of valuation of $27,000. Neither one of these men left an estate so large that these amounts are not a considerable item. Now it is safe to say that there are very, very few doctors who have not contributed of their hard earned money to the stock proposition; we have very pretty certificates to show for our ventures. Be it gold or silver or coal or oil or gas or rubber, or what not, it is the exception that real value comes from the investment; this promotion game is one which was never made for the man of small means who does not thoroughly know the game. The prospectus which shows how easy it is to make 100 to 1000 per cent, "while you sleep" is common but the fact of such profit is very rare, your money goes and you have the ornamental certificate to satisfy yourself with.

It is not our purpose to tell our readers how to invest the little which they may have accumulated, but we would urge people in and outside the medical profession to content themselves with a chance of less gain and with something tangible, certain to show that something is coming back. If the paper stock each one of us has bought could be converted into money equal to what it cost us, there are a lot of us could take long postgraduate courses, needed vacations and other

things which we are deprived of because we are willing to help others to just such possibilities; your money does not disappear except in so far as you are concerned, someone gets it and, it is to be hoped, enjoys it. But in so far as we are concerned $22,000 worth of worthless stocks which have cost real money, and half that amount of valuable securities, does not constitute the sort of an estate that will be beneficial to dependents who had reason to expect a definitely valuable estate of considerable proportions.

Money comes hard enough that it should not be given to those who do not and never have worked for it themselves. There are a lot of people who live by their wits and sell us "stock."

Cholera in the Philippines.

THE recent outbreak of Asiatic cholera in the Philippines, its tremendous spread and deadly virulence have been matters of comment in the American press, and have occasioned some adverse criticism of the expenditures for hygienic and sanitary purposes in the islands. The authorities are working against great odds in their efforts to gain an absolute control of those deadly diseases which are practically endemic in the Philippines; their success has been truly remarkable considering conditions with which they have to cope. Dr. Heiser, Director of Health, his last report to the Secretary of the Interior, enumerates some of the reasons why cholera has not been stamped out, and why its final elimination must be a slow process at best. The conditions mentioned have their direct bearing in other diseases than cholera, though his statement is given in connection with a consideration of that disease. The following is his statement.

"At first sight it would appear as if the diffusion among the masses of the plain, simple truth, that cholera can only be contracted by the introduction into the mouth of contaminated food or drink, and that almost absolute safety against infection can be insured by the simple precaution of using sterilized water and cooked food, would result in its early disappearance, but when it is remembered that the climate is favorable for the development of the cholera organism throughout the four seasons of the year—in other words, that there is no winter season which would at least stop the disease for a time—that a large proportion of the people are ignorant and inaccessible, that much superstition exists; that one of the most popular beliefs is in the supposed injurious character of boiled water; that the cost of fuel is comparative high, making sterile water and cooked food difficult for the masses to obtain; that the majority of the people cling tenaciously to the mode of living which has been customary with them for hundreds of years; that food is conveyed to the mouth with the fingers from a receptacle used by all the household, that over 60 per cent of the population are afflicted with intestinal parasites; that, with the possible exception of the supply for a few hundred thousand out of a total of 7,000,000 the drinking water is obtained from shallow surface wells; that physically the people are weak and unresistant, and that funds and skilled physicians needed to combat this consideration are very limited, it will not be so difficult to understand the continued presence of cholera in the Philippines. The funds for fighting cholera now are also very meager as compared with 1902.

"It is believed that sanitarians of experience will all agree that the best hope of completely eradicting the disease from the islands lies in the education of the masses with regard to the manner in which the disease spreads and the introduction of good water supplies. Both of these conditions are being met as rapidly as possible; the press, the schools, the churches, and the Government officials are all aiding in this work, and with the appropriation of 150,000 pesos made by the Legislature, artesian wells are being bored as rapidly as the facilities of the Government will permit."

The Mississippi Valley Medical Association.

THE approaching meeting of the Mississippi Valley Medical Association promises to be one of the exceptionally profitable medical gatherings of the year. The society will convene in Louisville, October 13, 14 and 15, with the Seelbach Hotel as headquarters and meeting place. Those who attended the meeting held in Louisville some ten years since know that there can be no more delightful entertainment than that which will be offered.

The Mississippi Valley has ever been an association with high scientific ideals and it has ever had mingled therewith a happy appreciation of the fraternal; it is almost an impossibility for a man to attend a meeting of this body and not find himself almost immediately in its spirits and party to its every activity. That there will be abundant social doings goes without saying, that each will be delightfully enjoyable is already a certainty. The scientific feast offered is no less attractive; the program is rather longer than we

can give space in this connection, but an important feature will be the symposium on the pancreas with the following papers: "Surgical Treatment of Pancreatitis," Wm. J. Mayo, Rochester, Minn.; "Diagnosis of Pancreatitis," Geo. W. Crile, Cleveland, O.; "Pancreatic Diabetes and its Relation to Gall-stones," Alfred C. Croftan, Chicago, Ill.; "Etiology and Pathogenesis of Pancreatitis," W. D Haggard, Nashville, Tenn.; "Physiology and Chemical Pathology of the Pancreas in Pancreatitis," J. Henry Schroeder, Cincinnati

The St. Louis Medical Society voted at ts meeting, September 19th, to invite this association to hold its meeting for 1909 in St. Louis. Aside from the attractive program this fact should prompt St. Louis and Missouri to send a large delegation to this year's meeting. It has been so long since this or any other of the larger associations have met in our city that the younger generation of physicians have had no experience as hosts, except on a small scale. It is to be hoped that the invitation will be accepted, and that its success will pave the way for the meeting of the A. M. A. here in 1910.

Dr. and Mrs. R. B. H. Gradwohl are receiving congratulations on the recent arrival of a son.

Death of Dr. Bartscher.—The announcement of the sudden death of Dr. H. W. Bartscher, which occurred on Monday, September 30th, will come as a sorrowful surprise to many of our readers. On Monday afternoon while Dr. Bartscher was testifying before Jndge Holtkamp, he was stricken with cerebral hemorrhage. Death followed within a few hours. The St. Louis profession has lost one of its progressive and energetic members.

Fair-Grounds Park Assured.—The medical profession appreciates the great need of increased park room for our rapidly growing city and is interesting itself in the project to buy and convert the Fair Grounds into a city park. The profession was represented at a meeting of the House of Delegates on Sept. 25th, and did its goodly part toward influencing the House to the favorable vote which it gave the Park Bill. Among those present were Doctors J. C. Morfit, Hugo Bartscher, L. H. Behrens, H. Behrens, P. C. Sholz, Jas. C. Falk, Davis Forster, Fred C. Simon, Selden Spencer, F. C. Kuhlmann, J. H. Amerland, Jos. Grindon, T. A. Hopkins, V. P. Blair, Eugene T. Senseney, H. B. Schulz, C. M. Nicholson, R. C. Blackmer, W. H. Stauffer.

Medical Association of the Southwest.

The third annual meeting of this society will be held in the banquet halls of the Coates House, Kansas City on October 19, 20, 21. An excellent scientific program has been issued. There will be three sections, "Surgical," "Medical," and "Eye, Ear, Nose and Throat." The society embraces in its membership the States of Missouri, Kansas, Oklahoma, Arkansas and Texas.

The Kansas City physicians are making great plans for the social entertainment of those attending, including the ladies, as follows:

Monday Evening.—A banquet for the wives and their husbands at the Coates House.

Tuesday Afternoon.—An automobile ride for the ladies through the beautiful parks and boulevards, with tea served at the country club under the direction of the ladies' committee.

Tuesday Evening.—A smoker for the physicians, and

Wednesday Evening.—A grand reception and ball for all who are in attendance. Keep these things in mind, and take your wife with you.

During all the week, beginning Monday morning, October 19, there will be interesting clinics provided at the various hospitals and colleges of the city for the especial benefit of the visiting physicians.

The Medical Fortnightly will publish full proceedings of this meeting, together with a number of the best papers read at its sessions.

The British are said to be directly responsible for the continuance of the opium habit in China. While leading Celestials are desirous of eradicating the evil, the revenue gained by the British in the opium traffic from India is sufficient to influence them against moral reform, and the provinces controlled by England continue to permit the entrace of the drug into the country.

Death from Antitoxin.—The recent death, in Eugene, Ore., of a young man, immediately following an injection of diphtheria antitoixn for asthma, again emphasizes that this universal remedy is not without danger. The coroner's jury gave a verdict of criminal carelessness against the physician which at once brought out letters and statements from many physicians that he had followed a well established therapeutic procedure and, so far as he was concerned, was guiltless of blame.

BYRON ROBINSON'S NOTE BOOK.

Labor and capital are dominated by a commercial motive.

The issues of politics are not partisan. This year both ape the same principles.

A basic element in progress is specialism —limitation of field and concentration of thought.

Contempt of court cases should have a jury trial—it would lessen the number of contempt cases.

The senescent heart resists the trauma of an anesthetic more vigorously than the adolescent heart. An old heart has learned its beat.

A law to regulate court proceedings in regard to injunctions is rational—judges may be biased. Arbitrary power—one man power —should not be allowed in court any more than anywhere else.

The two dominant political parties and their platforms represent slight variation of principles in 1908. Both are trying to please doctors by promising a National health department.

The three ureteral dilatations are located: (c) the proximal ureteral dilatation at the ureteral pelvis and calyces; (d) the middle ureteral dilatation is located at the lumbar spindle; (e) the distal ureteral dilatation is located at the pelvic spindle. Ureteral dilatations harbor calculus.

The three ureteral isthmuses are located: (a) the proximal ureteral isthmus at the distal pole; (b) the middle ureteral isthmus is located at the point where the ureter crosses the common iliac artery; (c) the distal ureteral isthmus is located at the point where the ureter traverses the bladder. Ureteral isthmuses obstruct calculus.

A book reviewer—though he be a specialist —should indicate whether a book contains standard knowledge—not whether it contains special knowledge in exact accord with the specialist's view. Many books are unjustly reviewed by specialists, because said specialist reviewer did not like the presentation of its knowledge.

John Hunter, one of England's greatest medical minds, believed the blood is "enbued" with life; that people's minds were influenced by the moon. Hunter was the most industrious of known physicians; the greatest experimenter of any age, with matchless originality. As a physiologist and surgeon he was unrivaled. He is buried in Westminster Abbey near "O Rare Ben Jonson."

THERAPEUTICS.

Artificial Respiration.— The physiologic principles involved in artificial respiration and their practical application are discussed by E. Schäfer, Edinburgh, Scotland (Jour. A. M. A., Sept 5.) The most important of these principles, he says, is the elasticity of the lungs and thorax, by which alterations or distortions in form by external force are followed, on its removal, by a return to the original form. It is by this elasticity that expiration is ordinarily effected, the distorting force acting by increasing the lung capacity by raising the ribs and repressing the diaphragm, which return to their original position on its removal. Artificially, the distorting force can be made to act in a reverse manner, viz., by compressing the lungs and producing expiration, the elasticity of the thoracic walls then causing inspiration when the distorting force is removed. The use of this principle in artificial respiration was first demonstrated by Dr. B. Howard of New York, who utilized it in his method of artificial respiration, published in 1868, by alternate compression and relaxation of the lower ribs, the patient being in the supine position. This method has been largely used, it is simple, but it has the disadvantages of the liability of the tongue to fall in backward and blocking the pharynx, the fragility of the ribs in senile subjects and the danger of injury to the enlarged and congested liver, especially in drowning cases. The well-known methods of Marshall Hall and Sylvester do not specially utilize this principle and also have their special disadvantages. Schäfer refers to his experiments undertaken in 1890 as chairman of a committee of the Royal Medical and Chirurgical Society of London, which resulted in the recommendation of what he has called the "prone pressure method," which he illustrates. It consists in applying vertical pressure over the lowest ribs and then removing it ten or twelve times a minute, the weight of the operator's body being used and hardly any muscular exertion being required. In this way we easily get an air exchange of six litres, which is more than the average in normal respiration. The methods of demonstrating this are described, as well as the results of comparative experiments to test the efficacy in this respect of the other methods of artificial respiration. All were found to be inadequate, the Howard pressure method giving the nearest to the normal figure of air exchange. In case of drowning the superiority of the prone pressure method are obvious; it is fully efficient; it can be used by a single person without fatigue; it is simple and easily learned and it permits the

tongue to hang down and water and mucus to escape from the mouth. It is equally applicable in cases of overdose of anesthetics. One of the difficulties of anesthesia is the excessive secretion of saliva and mucus, and with chloroform there is the special danger of cardiac inhibition. Both of these dangers are obviated by the hypodermic administration, before the operation, of a small dose (1-50 grain) of atropin sulphate, and Schäfer thinks it strange that this is not adopted as a routine measure by anesthetists. If it were, there would be, he thinks, fewer deaths during anesthesia to report. When conditions arise in which artificial respiration is required but none of the ordinary methods are available without the use of apparatus, the simplest appliance is an ordinary bellows or a piston cylinder. With the nozzle in one nostril, it is possible by vigorous use of the bellows, the mouth being closed, to distend the lungs efficiently and to keep up artificial respiration. But it is safer in operations involving opening both sides of the chest, to intubate the larynx or even to perform temporary tracheotomy, and in any case it is well to adopt, if possible, the prone position for the patient. For some reason, the supine position tends to increase dyspnea.

Treatment of Basedow's Disease with Antithyroidin.—(By Dr. S. Baumann, Berl. klin. Wooh., May 18, 1908.)—In an undoubted case of Basedow's disease, the author gave antithyroidin for three weeks in the following doses: At first 8 drops three times daily, then 10 drops three times daily. All in all, only 30 cc. were employed. There was no other treatment except electric baths, bodily rest, and very gentle gymnastic exercise. The results were quite remarkable, since the patient felt better after four to five days, and after the three weeks were over had no more complaint. The thyroid tumor had diminished 1 cm., the pulse was strong and only 70 per minute, and the nervousness and irritability had completely disappeared. There is no possibility of suggestion, since the patient had no confidence in the drug and at first refused to take it. The most pronounced effect was upon the pulse, which was regulated better than by any other drug. Bad after-effects have never been seen. It is best to give the drops in water, and not in red wine, since the latter is not indicated in Basedow's disease. The disappointments reported from time to time are due to the fact that too much is expected of antithyroidin in too short a time.

Antigonococcic Serum.—A. A Uhle and W. H. Mackinney, Philadelphia (Jour. A. M. A., July 11), report results of the use of the Torrey and Rogers antigonococcic serum, perpared by Parke, Davis & Co. in twenty-three cases of the various types of gonorrheal infection. They find that, so far as their observations indicate, the serum has little if any curative action on the urethral condition, the improvement observed in some patients being more attributable to rest and hygienic treatment than to any specific action of the serum. None of the patients with gonorrheal prostatitis was cured; of seven with epididymitis, improvement was observed in three, but the authors are inclined to credit this as much to other measures employed, rest in bed and elevation of the scrotum, as to the serum. "If conclusions," they say, "can be drawn from this limited number of cases, it appears that neither the number of injections nor the time elapsing between injections has any influence on the results of the treatment, as in no case was there what might be termed a prompt improvement, which is to be expected from an antitoxin treatment." Possibly, they suggest, better results might have been obtained with larger doses than the 2 c. c. employed. The best results were obtained in gonorrheal arthritis. Three patients were prompty relieved and all local evidences of inflammation had subsided in less than two weeks. In one of these Bier's treatment was also used. Considering the usual obstinancy of this condition, the results are encouraging; with no other treatment except opsonotherapy and Bier's method have such good results been obtained. One patient with gonorrheal myositis showed little improvement from the serum, but responded promptly when the Bier treatment was used in addition. A general urticarial eruption following the use of the serum was observed in seven patients. Besides this and the itching it caused and a slight pain at the site of the injection, no general or local toxic symptoms were observed.

A Method of Hastening Normal Labor.—T. Landau claims that confinement can be much shortened if the physician tries to dilate the cervical canal with his fingers during every active pain. The stretching should not only affect the visible portion of the cervix but the fingers should actually be introduced by the side of the head, so that the entire canal is widened. Strict asepsis, of course, is necessary, hence it is best to wear rubber gloves. The head must already be engaged, is since otherwise it is may slip out of the pelvis. The author discourages the use of such drugs as scopolamine, claiming that they will only prolong labor.—Berl. klin Wooh, 1908, No. 1.

MEDICAL MISCELLANY

QUEBEC has been chosen as the place of meeting of the Association of Physicians of the French Language of North America, which will be held shortly. The meeting will convene in the Laval Building.

MRS. EMANUEL J. and William N. Senn have presented to the John Crerar Library, of Chicago, more than 2,000 volumes from the library of the late Dr. Nicholas Senn, to be added to the Senn collection.

IN 1907 the mortality from plague in India reached the appalling total of 1,204,194. But a rapid decline has now occurred and the number of deaths in the twelve months ending June 30, 1908, is only 151,781.

STATISTICS disclose an alarming decrease in the birth rate in France during 1907. Within the year there were 774,000 births recorded, which is 33,000 less than the preceding year. A gradual decrease for the past seven years has been apparent.

THE names of 189 physicians have been stricken from the register of physicians by the Ontario Medical Council on account of non-payment of dues for three or more years. These men have declined, on principle, to pay the dues, holding that when they once become qualified physicians they should not compelled to pay annual charges.

PLAGUE is epidemic in Venezula. The city of La Guayra seems to be the chief vantage point of the bacillus, and from fifty to seventy deaths are reported here daily. Quarantine restrictions have been ordered by Columbia and Trinidad and the authorities are doing everything in their power to eradicate the malady.

LAW-BREAKER GRANTED IMMUNITY—Through a recent decision of Judge Reed, of Sandusky, Ohio, a new method of enforcing the state medical law has been discovered. The State Medical Board secured an injunction restraining a so-called "chiropractic" from practicing medicine. This individual protested that he was not practicing medicine. Judge Reed replied that an injunction restraining him from such practice would not interfere with his work at all, and that consequently, he could have no ground for objection.

CHOLERA IN EUROPE.—In St. Petersburg there has been a large increase in the number of cases reported. Up to September 17 1,278 cases had been reported in the city, of which 365 had been fatal, while throughout Russia the number of cases was 6,747, with 3,130 deaths. Since that time new cases to the number of over four hundred a day have appeared and the mortality percentage has largely increased. The disease has also made its appearance in Berlin in the person of the wife of a Russian state councillor who arrived recently from Peterhof. Several suspects have been taken to the Virchow Hospital for Observation.

CRUDE TAR IN MEMBRANOUS COLITIS.—David Wark, of New York, advocates as a cure for membranous colitis the use of the crude tar sold by ship chandlers (Pinus palustris), which is to be mixed with flour as an excipient and placed in No.2 capsules, two or three to be taken about one hour after meals. It acts as a laxative and relieves the obstinate constipation, pain in the abdomen, and tenesmus very speedily. A complete cure can be obtained in from four to six weeks.—Med. Record, Sept. 5, 1908.

MISSOURI TUBERCULOSIS SANITORIUM.—At a meeting of the directors of the Missouri State Sanitorium for Incipient Tuberculosis it was found that the expense of maintaining the institution would probably exceed the appropriation by about $5,000. A majority of the Board were in favor of closing the institution August 15th, but this action was strongly objected to by one of the members who guaranteed to make good any deficit. This proposition was accepted, and it is probable that if conducted with rigid economy, will extend to the end of the year with practically no deficit.

CONSUMPTIVE "DONT'S."—The Director of Public Health and Charities in Philadelphia has issued for public distribution a series of "Dont's" which are both striking and practical:

Don't spit on the sidewalk; it spreads disease and is against the law.

Don't spit on the floor of your rooms or hallways.

Don't spit on the floor of your shop.

Don't cough without holding a handkerchief or your hand over your mouth.

Don't kiss a person with a cough or cold.

Don't live in rooms where there is no fresh air.

Don't sleep in rooms where there is no fresh air.

Don't eat without washing the hands.

Don't neglect a cough or cold.

Don't waste your money on nostrums for consumption.

Go to a doctor or dispensary.

Don't drink whiskey, beer or other intoxicating drink. If you have consumption it will make it harder for you to get well.

THE MEDICAL FORTNIGHTLY

A Cosmopolitan Biweekly for the General Practitioner

The Medical Fortnightly is devoted to the progress of the Practice and Science of Medicine and Surgery. Its aim is to present topics of interest and importance to physicians, and to this end, in addition to a well-selected corps of Department Editors, it has secured correspondents in the leading medical centers of Europe and America. Contributions of a scentific nature, and original in character, solicited. News of Societies, and of interesting medical topics, cordially invited.

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CLINICAL THERAPEUTICS

A forum of original experience, to which scientific contributions are invited. Responsibility for views promulgated imited to author.

Catarrhal Diseases of the Naso-Pharynx.—(By H. M. Marsh, M. D., Auburn, Ky.) As the season is now fast approaching when this class of diseases take up most of the physicians' time, and is the cause of more suffering among more people than almost all other diseases combined, I wish to say something in regard to a simple and effective treatment of this class of diseases, there being very few who do not suffer from it in some of its various forms. Chronic nasal catarrh is in most cases a result of repeated attacks of acute catarrh or "common colds." In this short article it is not necessary to go into details or take up time or space with causes and symptoms; everyone is familiar with them. My object here is to simply give my plan of treatment plain and simple, yet eminently successful. In the treatment of these cases every physician is well aware of the fact that cleanliness is in most cases all that is necessary for a cure. Every physician also knows that in order to have a perfect cleansing agent it must be both alkaline and antiseptic My success in treating these diseases, viz., acute and chronic nasal catarrh, including ozena, acute and chronic tonsillitis, pharyngitis, catarrhal deafness, etc., has been due almost entirely to the systematic and thorough cleansing of the mucous surfaces with glyco-thymoline. I have been using this ideal alkaline antiseptic in my practice for years and have never been disappointed in it. A few cases from note-book will better explain my method of treating these cases:

George C., boy, aged 6. Was called early one morning to see him. Found him with a severe attack of acute tonsillitis. Temperature 104.5 three hours after a hard chill in the night, both tonsils inflamed and badly swollen, one covered with the characteristic patches. I at once ordered glyco-thymoline and hot water, equal parts, and instructed him how to gargle and hold his mouth and throat full by lying on his back. In this way he could retain it in contact with his throat for some time, this to be kept up "ad lib." all day; I gave 1-10 drop tr. aconite every two hours. When I visited him at night I found him much improved and discharged him well on the morning of the second day. This is my way of treating acute tonsilitis, and I want to affirm here that it will cure almost every case if begun early and used persistently. I always use the glyco-thymoline and water as hot as possible. In chronic follicular tonsillitis I use glyco-thymoline, frequently pure with an atomizer, spraying with force directly against the tonsil every day. In his way you can clean out the crypts thoroughly, and it has been the most successful treatment I have ever used in this hard to cure disease. In chronic pharyngitis, ministers' and singers' sore throat, I use alternate hot and cold sprays with success. In the ulcerated throats of scarlet fever I find nothing so soothing and effective as glyco-thymoline used in the same way. One other case I will report was a case of ozena of several years' standing. Young lady, aged 18 years, was brought to me. She had been a sufferer for several years, having been treated by several physicians at home and by one specialist who had operated upon her, removing the tubrinates and cauterized with no success. I found her in a most pitiable condition from the ulceration. Discharge profuse, greenish yellow and of the most offensive odor. Frequent nose bleed, hearing badlly impaired in the right ear; flesh very much reduced; general

health bad and with a tubercular history making the prognosis very unfavorable. I ordered her to use locally glyco-thymoline, 50 per cent solution, treating her at my office with an atomizer every other day and having her use it at home with the K. & O. douche. I also put her on tonic treatment. While treating her at the office the third time she blew from the nostrila mass of decomposed flesh containing pieces of dead bone which was expelled with difficulty, follwed by a severe hemorrhage. After this her improvement was rapid and continuous, resulting in her complete recovery in less than two months. I have used this treatment in numerous cases, and always with eminent success. I have no reason to change. Glyco-Thymoline is certainly the ideal alkaline antiseptic, and I am glad to recommend it to all my fellows in the treatment of all catarrhal diseases.

PHYSICIANS' FEES IN FRANCE.—During the last ten years the numbers of practising physicians in France has been nearly doubled. There are now nearly 20,000 physicians in the republic, and about 2,000 are graduated from the medical schools each year. As a result of this competition doctors fees are very small in France, in some districts one franc (20 cents) being all that is paid for a doctor's call.

THE largest mass of ice in the world is probably the one which fills up nearly the whole of the interior of Greenland, where it has accumulated since before the dawn of history. It is believed to form a block of 600,000 square miles in area and to averge a mile and a half in thickness. According to these statistics, the lump of ice is larger in volume than the whole body of water in the Mediterranan; and there is enough of it to cover the United Kingdom of Great Britain and Ireland with a layer about seven miles thick.

DUSTLESS ROADS.—In this "horseless age" the sprinkling of the streets with water is going out of fashion. Thirty-three miles of Boston's thoroughfares are now either under oil, calcium chloride, or "tarve," a mixture much used on suburban highways. In New York top dressings of oil have been tried successully in the parks. To the automobile's propensity of stripping the highway of its surface covering we shall owe the abolition of street dust altogether, and if this is accomplished the automobile may be hailed a blessing which has annihilated both space and dust.

FAVORITE PRESCRIPTIONS

ITCHING PILES.—The following ointment will prove efficacious in relieving the itching:

Cocainae hydrochl	grn. viii
Mentholis	grn. x
Petrolati	℥i

Apply externally, and push up a small quantity into the rectum, after bathing the parts with cold water.—Charlotte Med. Jour.

OINTMENT FOR PRURITUS ANI.—

Phenolis	grn. xx
Calomel	
Picis, aa	℥j
Mentholis	grn. x
Zinci oxidi	℥j
Petrolati	℥vj
Lanolini	℥ij

Bathe with water as hot as can be borne, and apply twice daily.—Critic and Guide.

ECZEMA.—Fellows claims that the following will give immediate relief and cure all forms of eczema:

Lac. sulphuris	℥ij
Zinci oxidi	℥j
Ichthyoli	℥ss
Mentholis	grn. xxx
Petrolati	℥iv

M. Sig.: Thoroughly rub in each night after washing with sulphur soap or some germicidal soap.—Charlotte Med. Jour.

WATER AT MEAL TIMES.—Opinions differ as to the effect of the free ingestion of water at meal times, but the view generally received is probably that it dilutes the gastric juice and so retards digestion. Apart from the fact that a moderate delay in the process is by no means a disadvantage, it is more than doubtful whether any such effect is in reality produced. When ingested during meals water may do good by washing out the digested food, and by exposing the undigested food more thoroughly to the action of the digestive ferments. Pepsin is a catalytic body, and a given quantity will work almost indefinitely, provided the peptones are removed as they are formed. The good effects of water drunk freely before meals has, however, another beneficial result. This water washes away the mucus which is secreted by the mucous membrane during the intervals of repose, and favors peristalsis of the whole alimentary tract. The membrane thus cleansed is in a much better condition to receive food and to convert it into soluble compounds.—Health.